NORTH CAMBRIDGE SENIOR CENTER 617-349-6320 www.cambridgema.gov/DHSP/COA DAILY EVENTS AT OUR CENTER ca ca ca December 2013

Lunch Served Monday – Friday 11:30a.m. 12:15 p.m. Reservations Required \$1.50 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Spanish Class 11:00-12:00 Lunch 11:30-12:15 Bingo 1:00-3:00	Lunch 11:30-12:15 Strength Building 9:30 – 10:30 Needle Crafts 1:00-3:00	Intro to Meditation 9:00 – 10:00 Arm Chair Exercise 10:30-11:30 Lunch 11:30-12:15 WOW 1pm – 2pm Movie 2:30- 4:30	Watercolors 9:30 – 11:00 Lunch 11:30-12:15 Yoga 3:00- 4:00	Zumba 9:30- 10:30 Lunch 11:30-12:15 Whist 1:00-3:00

SPECIAL EVENTS & ACTIVITES AT OUR CENTER © December 2013

Please note – Trips and Walking-Club are subject to weather. Course & Program cancellations are posted at the reception desk as soon as possible.

All trip sign & special event registrations begin at Open Forum

Monday	Tuesday	Wednesday	Thursday	Friday
Open Forum 12:15pm-1:15pm	3	4 Movie: Comedy/Drama Rated R The Heat: 2Hours Sandra Bullock & Melissa McCarthy	5	6
9	Caroling 3:30pm-4:30pm Fitzgerald Community Schools Girls Group	Blood Pressure Screening 12:15pm-1:00pm Birthday Tea 2:30pm	12 Day Trip Museum of Fine Arts 9:30am-2:30pm Safety Awareness 12:30pm-1:30pm	13
16 Clase de español	Holiday Party 12:00pm-2:00pm Sign up required \$3.00 per ticket Needle Crafts Cancelled	Movie:(Biography/Drama) PG 13 The Last Ride: 1Hr 42Min A Story of Hank Williams	19	20
23	Holiday Center Closed	Holiday Center Closed	Watercolors Cancelled	27
30	31			